



# INTEGRATED SPORTS TRAINING SOFTBALL CAMP



*Integratedsportstraining.com*

Welcome to the Westport Parks and Recreation and the **Integrated Sports Training Softball Camp** program. Under the guidance of former catcher for the University of Kansas and assistant coach for Texas Tech University Sara Holland, girls will have the opportunity to develop and further their skills in the game of softball. Stretching, hitting, pitching, infield and outfield practice and drills with game situations, and basic base running are a few of the skills to be covered. Every girl will get the chance to build their self-esteem and leadership abilities.

## GENERAL PROGRAM INFORMATION

The I.S.T. Softball Camp is available to girls, grades K - 6. This comprehensive program challenges campers to improve their batting and individual skills, experiment at new positions and gain actual game experience as part of a camp team. Sara enjoys offering the life lessons that sports and physical activities generate: lessons in self esteem, positive thinking and imagery, self discipline, teamwork, confidence, goal-setting, and a love for an active, healthy lifestyle. There are two different weeks of camp to accommodate your needs:

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|---------------------------|---------------------------|------------|-------------------------|-------------|
| • <b>June 28 – July 2</b> | <b>8:45 am – 12:30 pm</b> | <b>M-F</b> | <b>TOWN HALL FIELDS</b> | <b>KG11</b> |
| • <b>August 16 – 20</b>   | <b>8:45 am – 12:30 pm</b> | <b>M-F</b> | <b>TOWN HALL FIELDS</b> | <b>KG12</b> |

## RAIN DAYS

This program is an outdoor program and does not have any indoor facilities. Any day the fields might be unplayable due to rain, it is up to you to call the cancellation line at the Parks and Recreation Office, **341-5074** to find out if camp is still on. There are no make-ups or refunds due to inclement weather.

## EQUIPMENT

Attire for the camp should be shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Cleats are recommended instead of sneakers but are optional and not mandatory. Each participant must bring their own glove. **A cooler packed with snacks and drinks is also recommended.**

## DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at the **Town Hall Fields**. Staff will be available at 8:30 am to receive the children. The program begins promptly at 8:45 am. If you drop your child off after 8:45 am, you must walk them to the fields and find a coach to leave him with. Pick up is at 12:30 pm. Please park your car and walk to the field to pick up your child. Late pick -ups will not be tolerated and could result in your child being suspended from the program.

## WHAT TO BRING TO CAMP

- Snacks and plenty of drinks
- Sunscreen and baseball hat to protect the participant from the sun.
- Baseball glove
- Cleats if you have them

## GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend camp.